

# Spiritual SCHOOL

Tap away stress and emotional clutter with this easy-to-use healing technique...

## By definition

### Emotional Freedom Technique (EFT):

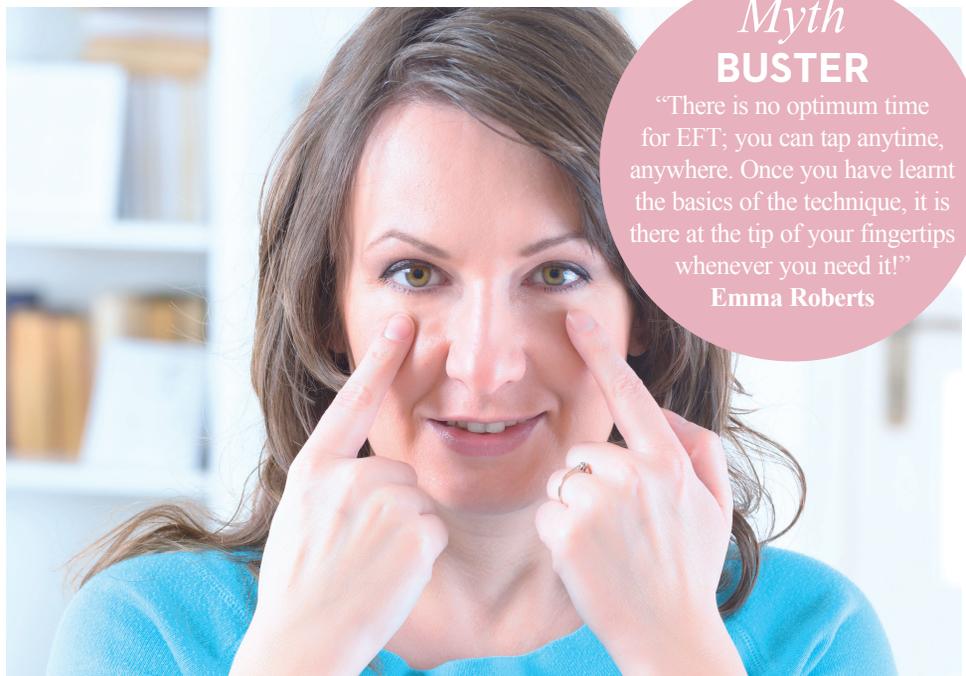
EFT is a method designed to open up your intuition and clear the path to your soul's purpose so your true self can shine through

Madonna swears by it, Paul McKenna teaches it – even Whoopi Goldberg claims it has cured her fear of flying – but what is the Emotional Freedom Technique, and is it really possible to tap your way to an improved sense of well-being? We speak to founders of The EFT Centre, Sue Beer and Emma Roberts, and master practitioner Susan Kennard, to find out more about this powerful method and how it can be used to improve your daily life.

“EFT seems to open up the communication between mind and body,” explains Sue. “When we are suffering from stress, we often become disconnected from our emotions, but tapping appears to create a state of mindfulness. How we live our lives and view ourselves in the present moment is determined by the experiences we have had along the way; while some life circumstances are empowering and positive, others are limiting. When we apply EFT to our old hurts, fears, anxieties and resentments, we are able to let go of these negative emotions and move forward positively.”

### BREAK IT DOWN

“EFT is a practical and gentle approach to problem-solving, which works by clearing the energy blocks in the mind and body that may be interrupting your healing processes,” says Emma. “The areas we tap are the end points of the body's meridians and EFT works by rebalancing this energy system. Meridians are invisible theoretical lines that carry the energy to every single organ in our body.”



### Myth BUSTER

“There is no optimum time for EFT; you can tap anytime, anywhere. Once you have learnt the basics of the technique, it is there at the tip of your fingertips whenever you need it!”

Emma Roberts

## Getting to know you...

Susan Kennard is an EFT master practitioner and trainer with a practice in Harley Street, London and a second on the South Coast, in Hastings. Her expertise in EFT has seen her appear on a BBC2 documentary and the ITV chat show *Lorraine*. Visit [susankennard.co.uk](http://susankennard.co.uk)



## EMOTIONAL FREEDOM TECHNIQUE FAQ

### Firstly, how does EFT work?

**Susan says:** “It’s a therapy that focuses on our emotional components. Imagine that we are entirely made up of energy, and that our minds are interlinked with our bodies. When something is out of alignment, we have low energy levels in our mind and therefore in our body. When we work with EFT, we are helping to clear this energy field so our stress levels start to go down and the tension in our bodies begins to disappear, too.”

### Where do we accumulate this negative energy from?

**Susan says:** “Our emotional clutter is what we’ve brought with us from our ancestral connections, previous lives and our early experiences as children. As we begin to address and clear those perceptions through using the tapping technique, we can start to feel lighter and brighter.”

### How long do the effects of EFT last?

**Susan says:** “This treatment can provide permanent change once we have altered our deeply-held negative beliefs – the things that drain our life force. From my research and experience with EFT, I’ve found that when we begin to clear out our early thought patterns, it can really help to heal the trauma and the fear that we are experiencing in the present day, which I find fascinating!”

### Can it help to ease any emotional problem?

**Susan says:** “Many of my clients come to me because they’re feeling worried or anxious about something, but what I tend to find is that another underlying issue will start to surface during the sessions – often very different from the one they came in with initially. I also use colours during my visualisation as I find that it’s a quick way of getting to the heart of my client’s issue.”